



Rogers Summer Swim Academy

Learn-to-Swim Program 2014



Group Class Dates: (Choose 1 or sign up for multiple sessions)

1. June 16-27 2. July 7-18 3. July 28-Aug 8

<u>Group Class Times</u>	<u>Levels Offered</u>	<u>Days</u>	<u>Rain Day</u>
(All sessions offer these times and levels)			
9-9:45am	2, 3	M, T, W, TH	Friday
10-10:45am	1, 2, 3 & Parent-Tot	M, T, W, TH	Friday
6-6:45pm	1-2	M, T, W, TH	Friday

Private Lesson Available Dates:

1. June 2-7 (Weather permitting) 2. June 9-14 3. June 30-July 5 4. July 21-26

Levels

Parent – Tot - Introduction to Safe Head Submersion, pool exploration and self rescue using play and song. Prepares child to enter Level 1 with less fear and lots of self-empowerment! (Age 18-36 months)

Level 1 - Introduction to Water Skills – Focus on front and back buoyancy, bubble blowing, face in water, mechanics of kicking, intro to basic strokes, safety/survival skills, self-empowerment. No goggles/ masks allowed. (Recommended Ages 3-6)

Level 2 - Fundamental Water Skills – Focus on eyes open and retrieve submerged objects, unassisted front and back floating, refine kicking and introduction to Front Crawl (Freestyle) and Backstroke & rhythmic breathing, safety skills. No goggles/masks allowed. (Recommended Ages 5-8)

Level 3 - Stroke Development – Focus on treading water, Front Crawl (Freestyle) and Competition Backstroke, Intro to Breast Stroke and Butterfly, feet-first/head-first entry into water. Increased swimming yardage. Goggles may be used. (Recommended Ages 6-9)

Level 4 – Stroke Improvement /Swim Team Prep – Increased yardage/endurance emphasizing the 4 competitive strokes: Freestyle, Backstroke, Breaststroke and Butterfly; Surface Dives, effective underwater swimming and competitive starts using starting blocks. (Recommended ages 7-10) **This Level is only offered as Private Instruction and/or as a member of our Ballistic Bullfrogs Swim Team.**

Student/ Teacher Ratio

There will be a 1:5 ratio per class. Parent-Tot classes have higher student/teacher ratio.

Cost

\$70 per 2-week session (Second child \$55)

Private/Semi-Private Lessons

Package of 4 – 30 min lessons \$115 (\$28.75 per lesson)

Instructor and student will schedule individual lessons according to pre-arranged agreement.

Registration Procedure

Read level descriptions and determine your child's level.

Select first and second choices to assure a spot as registration is on a first-come first-serve basis.

Complete the registration form and return it to the Rogers Aquatics Center with payment in full, or scan and email to sturek@rogersark.com with credit card payment over the phone. ** Student must be paid in full to be placed on the class roster.

You will receive a confirmation email (or phone call if necessary) as to the dates and time your child is registered.

Cancellation Policy

For a full refund, cancellation must be made **prior** to the start of class. Any cancellation made on the day of class or after classes have begun will not receive a refund of any kind.

Inclement Weather/Make-Ups

In the event of persistent inclement weather, an attempt will be made to cancel lessons at least 30 minutes before class time. Please check the Rogers Facebook page, Twitter or call the Rogers Aquatic Center at 479-936-5482 for information if there is a question as to whether classes will be held.

Rogers Summer Swim Academy Learn-to-Swim Registration 2014

Name of Participant _____ Parent/Guardian _____

Phone Number _____ Email _____

(Most correspondence will be by email unless stated on this form.)

_____ Private (\$115) _____ Group (\$70) Checks payable to: The City of Rogers

Level of Participant: (circle one) Parent-Tot Level 1 Level 2 Level 3 Level 4 Age: _____

Register for Class Session: 1st Choice Date: _____ Time: _____

2nd Choice Date: _____ Time: _____

Important information the instructor needs to know: _____
